



Nutritious Food Basket Survey Results

Monitoring Food Affordability in Simcoe Muskoka

The average monthly cost of eating well¹

A family of 4:
\$1,302.77

Single person:
\$452.83



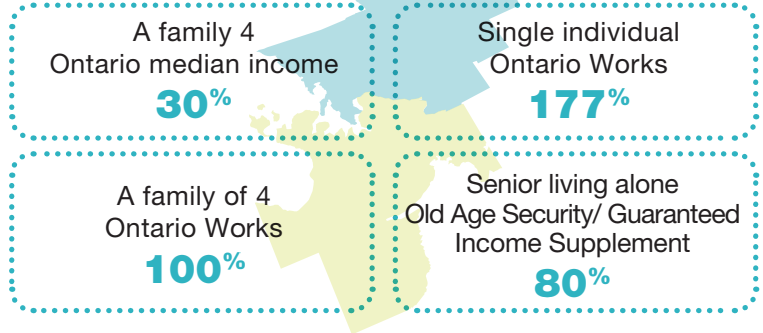
Percentage of monthly income spent on food and rent¹

A family of 4
Ontario median income
30%

Single individual
Ontario Works
177%

A family of 4
Ontario Works
100%

Senior living alone
Old Age Security/ Guaranteed
Income Supplement
80%



It is very difficult for many Simcoe Muskoka residents to afford rent and put nutritious food on the table. **For many it is impossible.**

Food insecurity is the inadequate or insecure access to food due to lack of money. The percentage of people affected is at a new record high.



2022

1 in 6
households (18%)
experienced food insecurity²



2023

1 in 3
households (31%)
experienced food insecurity²



Household food insecurity is a **serious public health issue** that affects people's physical, social and mental health and overall wellbeing



Household food insecurity takes a toll on the **health of our communities** and the **health care system**



The **cause** of household food insecurity isn't the price of food – **it's lack of income**



Learn about, speak out and take action on solutions that put more money in people's pockets

- ✓ Social assistance rates that match real living costs, indexed to inflation
- ✓ Basic income
- ✓ Affordable/attainable housing
- ✓ Lower taxes for those living with low income
- ✓ Jobs with livable wages, regular hours and benefits



Food Insecurity



Poor Health



Higher Healthcare Costs

1. SMDHU, Nutritious Food Basket 2024

2. Ontario Agency for Health Protection and Promotion (Public Health Ontario). Household Food Insecurity Snapshot. Toronto, ON: King's Printer for Ontario; 2024

